

Triple P Discussion Groups – For Common Parenting Problems

Does this sound familiar?

A child who melts down in the supermarket. One who won't go to bed without a fight. The kid who's always disobedient, or the one who bites, hits or fights.

If your child fits any of these descriptions, Triple P Discussion Groups can help. Triple P Discussion Groups are short, small group sessions that offer parents practical advice for tackling specific problem behavior.

What are Triple P Seminars?

A discussion group is a short, small group session run by a trained Triple P provider. Each session brings together about 10-12 parents who are experiencing the same parenting issue. There are four problem topics to choose from:

- Dealing with Disobedience
- Developing Good Bedtime Routines
- Managing Fighting and Aggression
- Hassle-free Shopping with Children

What happens at a discussion group?

In a relaxed group session, your provider will give you tips and suggestions for dealing with your child's problem behavior. You'll see short video clips showing other parents successfully dealing with the same issue and you'll be encouraged to share your thoughts with the other parents in the group, if you wish to. You'll also be given a take-home workbook with simple exercises and information to help you try your new strategies at home.

How long do the sessions take and how many do I attend?

A Triple P Discussion Group session takes two hours. You may do as many or as few as you like. One, two, three or four – it's up to you!